



Quitting tobacco may feel like a never-ending cycle, but this November 20 you have a reason to quit for good. The American Cancer Society's Great American Smokeout® is a chance to quit for a day – and then a lifetime. When you call or enroll online, a Quit Coach® staff member will work with you to change your behaviors and support you to become tobacco free. When you join the program, you may be eligible to receive 8 weeks of free NRT, which includes a choice of patch, gum, or lozenge.

**1.800.QUIT.NOW | [www.quitlineiowa.org](http://www.quitlineiowa.org)**  
(1.800.784.8669)



**QUITLINE IOWA**  
1 800 QUIT NOW | 1 800 784 8669